

4th Step Resentment Inventory

Fill out each column completely before moving on to the next column.

Say each prayer before filling in the column. When all items are listed, pray again for guidance to reveal anything you are not aware of, and sit until something comes, or you are convinced you are done for now.

Column 1: God, please show me the people, institutions, and principles with whom I am angry, as well as how it is related to you, i.e. parent, boss, child, etcetera.

Column 2: God, please show me why I am angry.

Column 3: God, please show me where this anger has affected me.

Say the sick man prayer on page 67 for each item in column 1. If still resentful over some entries, try to think about what that person, principle, or institution might list on their 4th step inventory about you. If still resentful say the prayer outlined on page 552 for them for the 2 weeks in the instructions.

Column 4: God, please reveal to me where I was at fault in this resentment.

I'm Resentful At	The Cause	<u>Affects My:</u> Self-Esteem Pride Pocketbook Ambition Personal Relations Sex Relations Security	Where had I been: Selfish Dishonest Self-Seeking Frightened

Call your fear your current agnosticism, these are things that you believe God can't fix.

- 1.) Column 1: list fears, as well as how it is related to you, i.e. parent, boss, child, etc. Complete listing all fears in this column, list top to bottom. Pray: God, please show me my big, current repetitive fears; write the fear, skip 2-4 lines.
- 2.) Column 2: list why we have the fears in this column, pray: "God, why do I have these fears?" Write the response.
Complete the column top to bottom, praying and waiting for an answer for each fear, before moving on to column 3.
- 3.) Column 3: Asking if the fear is due to self-reliance failing us, we then pray and ask God to show us how self-reliance failed us
- 4.) Column 4: for each fear listed, say the fear prayer on page 68 for each fear: "God, please remove my fear. Direct my attention to what you would have me be." Wait and then list the answer for each fear. Ask God to help you live up to what He would have us be, brainstorm what God would have you be, write adjectives and nouns.

What are my fears?	Why do I have my fears?	Wasn't it because self-reliance failed me? How did Self-reliance fail me?	We are now on a different basis; the basis of trusting and relying upon God. We trust infinite God rather than our finite selves. Pray: God, remove my fear and direct my attention to what You would have me be. (write out what God would have you be, instead of afraid)

1. Column 1: List sexual and intimate relationship partners, and how you met them or who they were in your life - Skip 9 lines between each name.
2. Columns 2: ask 9 questions of each partner.
3. Column 3: Write if the sexual relationship was selfish. Pray for God to mold your ideals, write out what is shown to you.

Sexual Partner	9 Questions		9 Answers	Was the [sex] relation selfish or not? God, please mold my ideals and help me live up to them.
	Where had we been	Selfish?		
		Dishonest?		
		Inconsiderate?		
	Whom had we hurt?			
	Did we unjustifiably arouse	Jealousy?		
		Suspicion?		
		Bitterness?		
	Where were we at fault?			
	What should I have done instead?			